

Morehead State University

WOMEN'S FALL SPORTS 1978



Volleyball

Tennis



**Cross
Country**

VOLLEYBALL

Head Coach Laradean Brown



Morehead State University Women's Volleyball Coach Laradean Brown faces a tough task for 1978. If replacing three seniors isn't enough to worry about, she must try to duplicate records of 30-5-2 and 39-11 over the last two seasons, including a second place finish in the Kentucky Women's Intercollegiate Conference championships and third in the AIAW regionals.

"We had an excellent season in spite of the disappointment of not qualifying for the nationals," stated Mrs. Brown. "It's going to be difficult to continue to have the success we've had over the last two years."

Height will be one of the assets this year, plus the return of eight experienced players from last year's 39-11 season.

"Linda Bates (5-10), Sue Calkins (5-10) and Sharon Stowers (5-10) should be our strongest spikers," said Mrs. Brown. "Donna Wiziecki (5-9) should also be a factor."

Roster

Name	Ht.	Wt.	Cl.	Home Town
Vicky Arlinghaus	5-10	135	Fr.	Elsmere, Ky.
Linda Bates	5-10	155	Sr.	Xenia, Ohio
Cynthia Bush	5-2	120	Jr.	Cincinnati, Ohio
Susan Calkins	5-10	150	Jr.	Macedon, N.Y.
Susan Dunne	5-7	130	Jr.	Evergreen Park, Ill.
Karen Forge	5-6	129	Jr.	Bellevue, Ky.
Pat Hill	5-7	125	Fr.	South Point, Ohio
Mary Holland	5-5	130	Fr.	Yellow Springs, Ohio
Lisa Luthy	5-7	120	Fr.	Bellevue, Ky.
Martha Newberry	5-4	114	Sr.	Parkersburg, W. Va.
Margaret Ruschman	5-4	135	So.	Newport, Ky.
Sharon Stowers	5-10	137	So.	Covington, Ky.
Donna Wiziecki	5-9	140	So.	Michigan City, Ind.

Setter also appears to be a strong position, as junior Karen Forge and sophomore Margaret Ruschman should get the nod.

"We feel we will have the setters who are quick enough to set and play defense on the back line," stated Mrs. Brown. "The level of play is so strong now that we have to use more finesse with our power."

To accomplish the "finesse" style of play, last year "we started using the Japanese roll defense and quick set offense to help our scoring attack," Mrs. Brown added.

The competition, according to Mrs. Brown, is going to be the toughest ever for the Lady Eagles.

"Our out-of-state schedule is really tough," said Mrs. Brown. "Kentucky, Northern Kentucky and Eastern Kentucky will also be as good as any teams we play."

She continued:

"We are hoping to use our season to prepare for the state tournament, so our record might not be as good as the last two years. Kentucky volleyball is so strong that the toughest step to the nationals is getting past the state tournament."

Graduate Assistant Loretta Marlow



Loretta Marlow, 22, of Wartburg, Tenn., comes to MSU from Tennessee Tech, where she played volleyball and basketball for four years. A graduate of Wartburg Central High School, she is the daughter of Mr. and Mrs. William T. Marlow of Wartburg, Tenn.

"We are expecting Loretta to make a big contribution to our volleyball program this year," stated Mrs. Brown. "She will be responsible for our athletes' conditioning and for individual skills programs."

**Vicky Arlinghaus, Fr.
Elsmere, Ky.**

A walk-on, Vicky is the tallest of the volleyball freshmen at 5-10. A good high school player, she could provide depth and develop into a strong spiker.



**Karen Forge, Jr.
Bellevue, Ky.**

Another junior that will be counted on to use her two years of experience. Has good size and should be a factor. Expected to see considerable action.



**Linda Bates, Sr.
Xenia, Ohio**

One of only two seniors on the Lady Eagle volleyball squad. Should provide leadership as one of the team's strongest spikers. Excellent all-around athlete.



**Pat Hill, Fr.
South Point, Ohio**

A walk-on. Will be trying to make the team during early fall practices. Had a good high school career. Must make a quick adjustment to college level.



**Cynthia Bush, Jr.
Cincinnati, Ohio**

A walk-on this season. Will be trying to earn a position as setter. Worked with the team as a manager last year.



**Mary Holland, Fr.
Yellow Springs, Ohio**

A walk-on. At 5-5, smallest of the freshman prospects. Had good high school career and has good quickness.



**Susan Calkins, Jr.
Macedon, N.Y.**

Quality player. Listed as one of the team's top three spikers. Must have a good season for the Lady Eagles to maintain the winning record of the past two years.



**Lisa Luthy, Fr.
Bellevue, Ky.**

Volleyball team's only signee. A 5-7 player with a 25-inch vertical jump, she could fit into plans immediately as a spiker. Excellent prospect.



**Susan Dunne, Jr.
Evergreen Park, Ill.**

Will be counted to take up the slack left by the graduation of several key players. Should come into her own as player this year. Two-year member of squad.



**Martha Newberry, Sr.
Parkersburg, W. Va.**

Senior member of squad that should see considerable back-row action. Has the quickness to both set and play defense on the back line. Will be counted on heavily for leadership.



**Margaret Ruschman, So.
Newport, Ky.**

Expected to team with Forge as main setters on the team. Excellent quickness. Should have good season after gaining experience last season.



**Sharon Stowers, So.
Covington, Ky.**

Included in the "big three" as top Lady Eagle spikers. Good year as freshman last season, and is expected to take advantage of that experience this year. Sister of MSU basketballer Michelle Stowers.

**Donna Wiziecki, So.
Michigan City, Ind.**

Size and strength excellent for spiker's position. Has worked on techniques of spiking with either hand. Is expected to challenge for a starting position.



1978 Results

(39-11)

MSU 2, Louisville 0
MSU 2, Northern Ky. 0
MSU 2, Kentucky 1
MSU 2, Rio Grande 0
MSU 2, Marshall 0
MSU 2, Morris Harvey 0
Tenn. Tech Inv. (1st of 8)
MSU 2, Bellarmine 1
Eastern Ky. 2, MSU 1
MSU 2, Ohio North 0
MSU 2, Slippery Rock 1
MSU 2, Cedarville 0
MSU 2, Ohio 0
Dayton 2, MSU 0
MSU 2, Kentucky 0
MSU 2, Tenn. Tech 0
MSU 2, UT-Martin 0

MSU 2, Va. Tech 0
Northern Ky. 2, MSU 1
MSU 2, UT-Martin 0
MSU 2, Tenn. 0
MSU 2, Northern Ky. 1
Alabama 2, MSU 0
MSU 3, Eastern Ky. 2
MSU 2, Morris Harvey 0
MSU 2, Rio Grande 0
MSU 2, Cedarville 0
MSU 2, Georgetown 0
Mt. St. Joe 3, MSU 0
MSU 2, Louisville 0
Northern Ky. 2, MSU 0
MSU 2, Kentucky 0
KWIC Tournament (2nd of 7)
AIAW Regionals (3rd of 8)

Schedule

- Sept. 16 Northern Kentucky University,
Michigan State University,
Miami University, Mt. St. Joseph
College at Highland Heights, Ky.
- Sept. 19 Eastern Kentucky University at
Richmond, KY
- Sept. 28 Bellarmine
- Oct. 3 University of Kentucky at Lexington,
KY
- Oct. 6-7 Bear Cat Tournament at Cincinnati,
OH; University of Cincinnati,
Tulane University, University of
Tennessee, Southern Illinois
University, University of Ken-
tucky, University of Pittsburgh,
Indiana State University, Univer-
sity of Pittsburgh-Johnstown
- Oct. 10 University of Louisville
- Oct. 14 University of Dayton, Lewis Univer-
sity, Wright State University at
Dayton, OH
- Oct. 18 Eastern Kentucky University
- Oct. 20 Ohio University, Marshall Univer-
sity, Morris Harvey College at
Huntington, WV
- Oct. 24 Northern Kentucky University,
Marshall University
- Oct. 27-28 University of Tennessee at Knoxville
Tournament, Knoxville, TN
- Oct. 31 University of Louisville at Louis-
ville, KY
- Nov. 2 University of Kentucky
- Nov. 10-11 State Tournament at Morehead, KY



TENNIS

Head Coach George Sadler



Youth will be the key for Morehead State University's women's tennis program this fall, and Coach George Sadler is well aware of it.

Three players return from last year's 5-3 team that finished fifth in the Kentucky Women's Intercollegiate Conference championships and sixth in the Ohio Valley Conference tournament. Included are senior Kelli Muterspaw and sophomores Holly Walker and Susan Whittington.

"It is going to be difficult to replace all the players we lost," stated Coach Sadler. "Experience, especially tournament experience, is hard to do without."

With only three returnees from last year, recruiting was an important part of the program, and Sadler feels that talent has definitely been added.

"Our recruits as a group could be the best we have ever had in women's tennis," he stated. "There really isn't a dominating player among them. They all play at a high level and should make us stronger as a team."

That strength, according to Sadler, will be needed for competition in the OVC and KWIC.

"Kentucky, Eastern and Western should be the strongest teams in the KWIC. Eastern and Western, along with the Tennessee schools, will make the OVC extremely tough," he added.

"We will be very balanced at the top," he stated. "With the new girls and the three returnees, No. 1 position could be determined on a week-to-week basis."

He continued:

"Of course, our lack of experience could be a factor early in the season. But if our girls get their feet on the ground, they could be a factor at the KWIC championships the last of October and the OVC in the spring."

Roster

Name	Cl.	Home Town
Jennifer Circle	Fr.	Springfield, OH
Kathy Hamilton	Jr.	Panama Canal Zone
Miriam Hard	Fr.	Westerville, OH
Elaine Janto	Fr.	Library, PA
Ellen Lawson	Fr.	Middletown, OH
Kelli Muterspaw	Sr.	Xenia, OH
Sheda Sabie	Fr.	Morehead, KY
Holly Walker	So.	Dayton, OH
Susan Whittington	So.	Paducah, KY

Schedule

Sept. 8	Morris Harvey College
Sept. 13	Marshall University
Sept. 22	Northern Kentucky University at Highland Heights, Ky.
Sept. 29	University of Louisville
Oct. 3	Marshall University at Huntington, W. Va.
Oct. 7	West Virginia University
Oct. 10	Northern Kentucky University
Oct. 17	Eastern Kentucky University at Richmond, Ky.
Oct. 21	Vanderbilt University at Richmond, Ky.
Oct. 24	University of Kentucky at Lexington, Ky.
Oct. 27-28	KWIC Tournament—site to be announced
April 20-21	OVC Tournament—site to be announced

**Jennifer Circle, Fr.
Springfield, Ohio**

One of three outstanding freshmen on this year's Lady Eagle squad. Should challenge for a starting position anywhere from No. 1 to No. 4.



**Kelli Muterspaw, Sr.
Xenia, Ohio**

Only senior on this year's squad. Should add experience and leadership to the team. Should play anywhere from No. 2 to No. 4.



**Kathy Hamilton, Jr.
Panama Canal Zone**

Has two years of junior college experience, which should be an asset to this year's young team. Will be counted on for steady play.



**Sheda Sabie, Fr.
Morehead, Ky.**

Had a good high school tennis record at University Breckinridge. Should be competitive after gaining college experience.



**Miriam Hard, Fr.
Westerville, Ohio**

Will be counted on heavily to play singles in the top three positions. Needs to gain experience to be strong in tournament play.



**Holly Walker, So.
Dayton, Ohio**

Gained valuable experience last season. Should battle for the No. 1 position. Played well during last season. Will be counted on to pick up the slack early in the season.



**Elaine Janto, Fr.
Library, Pa.**

A top-ranked freshman in high school. Should play an important role in Lady Eagle tennis success. Needs to gain experience before she can be counted on too heavily.



**Susan Whittington, So.
Paducah, Ky.**

Will be counted on to play on a steady basis this fall. Gained experience last season, needs to work on consistency for this season.



**Ellen Lawson, Fr.
Middletown, Ohio**

Played extensively in high school for four years. Has talent but needs experience at college level.



1978 Results (5-3)

MSU 8, Morris Harvey 1
MSU 5, Marshall 4
Kentucky 9, MSU 0
MSU 9, Louisville 0
Marshall 8, MSU 1

Eastern Ky. 3, MSU 1
MSU 6, Northern Ky. 1
MSU 5, Mt. St. Joe 0
KWIC Tournament (5 of 7)
OVC Tournament (6 or 8)

CROSS COUNTRY

Head Coach Mary Shull



One thing Morehead State University's women's cross country team will have in common with its coach is youth.

MSU's first year coach Mary Shull will have a squad consisting of two juniors, two sophomores and three freshmen when action opens Sept. 2 at the Joe Binks Cross Country Run in Louisville.

"We only have two weeks of workouts before the first meet," she stated. "That won't be a lot of time for me to learn about them. Of course that works both ways, and they won't really know a lot about my ideas in coaching."

A recent graduate of Indiana State, Ms. Shull, a New Jersey native, was appointed this summer as MSU's women's trainer and track coach.

"I don't know a lot about the runners on the team, except that they are young and need to gain experience," she said. "The returnees had a good cross country and track season last year and I hope they can continue to improve."

Prominent among the returnees are junior Diane Long and sophomore Alanna McCarthy. Long, from Islip Terrace, N.Y., had an outstanding cross country season a year ago, winning at both the Joe Binks and Harrodsburg Runs.

McCarthy, from Charlottesville, Va., had an outstanding outdoor track season, setting school records in the 1,500 meters, 3,000 meters, 5,000 meters and one-mile run.

Other returnees include junior Hopey Caudill from Mt. Sterling, Ky., and sophomore Cassandra Delay from Mt. Sterling, Ohio.

The remaining squad members include freshmen Susan Brutscher of Louisville, Patty Hill of Ironton, Ohio, and Barbara Ferris of Columbus, Ohio.

Assistant Coach Julie Rice



Julie Rice, 21, four-year letter winner in cross country and track at Morehead State University, will serve as women's assistant coach in both sports for the upcoming season.

A candidate for a nursing degree at MSU in December, Ms. Rice specialized in the 400 and 800 meters during her track career, as well as competing for the cross country team.

"Julie will be a tremendous asset to our program," said head coach Mary Shull. "She knows the girls, and they know her and respect her ability and dedication."

A graduate of Boyd County High School, she is the daughter of Mr. and Mrs. Sidney Rice of Catlettsburg.

Schedule

Sept. 2	Joe Binks Cross Country Run at Louisville, Ky.
Sept. 9	Murray State
Sept. 16	Harrodsburg Distance Run at Harrodsburg, Ky.
Sept. 23	U. of Ky.—U. of Louisville
Sept. 30	Kentucky Intercollegiate at Richmond, Ky.
Oct. 7	Indiana University at Bloomington, Ind.
Oct. 14	Open
Oct. 21	Eastern Kentucky University, University of Kentucky, University of Tennessee at Richmond, Ky.
Oct. 28	University of Tennessee, University of Kentucky, Eastern Kentucky University, University of Alabama at Knoxville, Tenn.

Roster

Name	Cl.	Home Town
Susan Brutscher	Fr.	Louisville, KY
Hopey Caudill	Jr.	Mt. Sterling, KY
Cassandra Delay	So.	Mt. Sterling, OH
Barbara Ferris	Fr.	Columbus, OH
Patty Hill	Fr.	Ironton, OH
Diane Long	Jr.	Islip Terrace, N.Y.
Alanna McCarthy	So.	Charlottesville, VA
Jacque Sisk	Fr.	Muncie, IN
Gwendolyn Wheeler	Fr.	Salysersville, KY

Susan Brutscher, Fr. Louisville, Ky.

Susan will make her first career appearance as a cross country runner this fall. An all-around athlete in high school, she held the world record in the girls' pole vault in 1976.



Hopey Caudill, Jr. Mount Sterling, Ky.

A starter for MSU all last season. Hopey is a consistent runner who has improved during her first two years in college. Will add depth and experience to this year's squad.

Cassandra Delay, So. Mount Sterling, Ohio

A strong physical runner. Consistency strong point. Has great amount of drive and endurance. Had a good spring in outdoor track and should carry over.



Barbara Ferris, Fr. Columbus, Ohio

An all-around athlete. Has excellent speed for shorter races in track, and should be strong in longer cross country events. Has excellent talent and will add depth.

Patty Hill, Fr. Ironton, Ohio

Competed in only one cross country race in high school, finishing third. A strong competitive runner. Could be the surprise of the season.



Diane Long, Jr. Islip Terrace, N.Y.

Has won the Joe Binks Memorial Race for the last two years. Also holds the record for the eight-mile run from Harrodsburg to Danville. Holder of the MSU track record for the three-mile run. Outstanding athlete.

Alanna McCarthy, So. Charlottesville, Va.

Holds the MSU track records in the 1,500 meters, 3,000 meters, 5,000 meters, mile run and 880-yard run. Should have tremendous season in cross country.



Jacque Sisk, Fr. Muncie, Ind.

Since Jacque's high school did not offer girls' cross country or track, experience will be especially important. A very self-disciplined runner, should be competitive.

Gwendolyn Wheeler, Fr. Salysersville, Ky.

A strong cross country runner for Magoffin County High School, Gwendolyn will have to adjust to three-mile runs rather than the mile and one-half high school distance. With experience, should add depth.



General Information

LOCATION—Morehead, Kentucky 40351

ENROLLMENT—7,304 (Fall, 1977)

FOUNDED—1922

PRESIDENT—Dr. Morris L. Norfleet

ATHLETIC COMMITTEE CHAIRMAN—Dr. Rodger Hammons, Associate Professor of Mathematics

ATHLETIC DIRECTOR—G. E. (Sonny) Moran

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WOMEN'S TRAINER AND CROSS COUNTRY COACH—Mary Shull

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HEAD TRAINER: Ken Wright

SCHOOL COLORS: Royal Blue and Gold

NICKNAME: Lady Eagles

CONFERENCE: Kentucky Women's Intercollegiate Conference (KWIC), Ohio Valley Conference (OVC).

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1978 WOMEN'S FALL SPORTS GUIDE—

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